

CHILD AND ADULT CARE FOOD PROGRAM

BREAKFAST IDEAS

French Toast
Orange Slices
Milk

Waffle
Strawberries
Milk

English Muffin
Banana
Milk

Cinnamon Toast
Applesauce
Milk

Life
Grapefruit sections
Milk

Pancake
Strawberries
Milk

Cheerios
Orange Slices
Milk

Cinnamon Tortilla
Banana
Milk

Bagel
Apple
Milk

Whole Wheat Toast
Peach Slices
Milk

Whole Wheat Toast
Mango
Milk

English Muffin
Pears
Milk

Rice Krispies
Apple Slices
Milk

Cornbread
Tangerine
Milk

Tortilla
Apple Slices
Milk

Waffle
Applesauce
Milk

Wheaties
Raspberries
Milk

Crispix
Orange Slices
Milk

Oatmeal
Banana
Milk

Kix
Blueberries
Milk

Shredded Wheat
Grapes
Milk

Waffle
Pears
Milk

Pancake
Applesauce
Milk

Total
Orange Slices
Milk

Malt-o-Meal
Orange Slices
Milk

Grape Nut Flakes
Orange Slices
Milk

Special K
HB Potatoes
Milk

Bisquick Biscuit
Peach Slices
Milk

Whole Wheat Toast
Fruit Cocktail
Milk

Oatmeal
Pears
Milk

CHILD AND ADULT CARE FOOD PROGRAM

BREAKFAST IDEAS

Wheaties
Kiwi Slices
Milk

Cornbread
Pears
Milk

French Toast
Applesauce
Milk

Tortilla w/Scrambled Eggs
Orange Slices
Milk

Bisquick Biscuit
Applesauce
Milk

Whole Wheat Toast
Melon Cubes
Milk

Bagel
Clementine
Milk

English Muffin
Melon cubes
Milk

Bagel
Banana
Milk

Brown Rice w/Raisins
Apple Slices
Milk

Cornbread
Banana
Milk

Cornflakes
Banana
Milk

Crepe
Applesauce
Milk

Tortilla
Orange Slices
Milk

English Muffin
Orange Slices
Milk

Whole Wheat Toast
Pineapple Chunks
Milk

Whole Wheat Waffle
w/Yogurt and Blueberries
Milk

Oatmeal w/Raisins
Applesauce
Milk

Pancake
Cantaloupe Cubes
Milk

Ham on English Muffin
Pineapple Chunks
Milk

Peanut Butter Toast
Berries
Milk

CHILD AND ADULT CARE FOOD PROGRAM

LUNCH/SUPPER IDEAS

PB/Cheese Stix
Whole Wheat Roll
Celery Sticks
Pineapple
Milk

Ham/Cheese
Bagel
Lettuce/Tomatoes
Mixed Fruit
Milk

Roast Pork
Whole Wheat Roll
Broccoli
Applesauce
Milk

Roast Beef
Whole Wheat Bread
Grapes
HM French Fries
Milk

Pork 'n Beans
Soda Crackers
Orange
Banana
Milk

Baked Chicken
Noodles
Sweet Potato
Kiwi
Milk

Pork Spare Ribs
Whole Wheat Roll
Baked Sweet Potato Fries
Grapes
Milk

Red Snapper
Whole Wheat Bread
Lettuce/Tomatoes
Orange
Milk

Hamburger/Rice
Tomato Sauce
Carrots
Grapes
Milk

Ground Beef Sloppy Joe
Bun
Tomato Sauce
Pear
Milk

Ground Beef Chili Mac
Kidney Beans/Macaroni
Tomato Sauce
Peaches
Milk

Baked Ham Slice
Whole Wheat Roll
Baked Sweet Potato Fries
Pineapple Chunks
Milk

Chili Beans
Wheat Crackers
HM French Fries
Banana
Milk

Ground Turkey
Whole Wheat Roll
Cranberry Sauce
Mashed Potatoes
Milk

Swiss Steak
Whole Wheat Roll
Tomato Sauce
Mashed Potatoes
Milk

Turkey Ham
Whole Wheat Bread
Lettuce/Tomato
Melon Cubes
Milk

Beef Patty
Bun
Green Beans
Applesauce
Milk

Ground Beef/Cheese
Pizza Crust
Tomato Sauce
Apples
Milk

CHILD AND ADULT CARE FOOD PROGRAM

LUNCH/SUPPER IDEAS

Beef Roast
Cornbread
Mashed Potatoes
Corn
Milk

Cheese
English Muffin
Pizza Sauce
Kiwi
Milk

Baked Chicken
Rice
Broccoli/Carrots
Peach Slices
Milk

Egg/Ham Omelet
Whole Wheat Toast
Orange
Pear
Milk

PB/Cottage Cheese
Wheat Crackers
Peaches
Green Beans
Milk

Fish Stix
Whole Wheat Roll
HM French Fries
Peas
Milk

Tuna
Whole Wheat Bread
Apple
Corn
Milk

Baked Fish Fillets
Whole Wheat Roll
Baked Sweet Potato Fries
Corn
Milk

Ground Beef
Spaghetti Noodles
Fruit Cocktail
Tomato Sauce
Milk

Egg
Tortilla
HB Potatoes
Apple
Milk

Hot Dog
Bun
Applesauce
HM French Fries
Milk

HM Chicken Soup
Noodles
Carrots/Celery
Banana
Milk

Tuna/Cheese
Noodles
Apples
Green Beans
Milk

PB/Cheese
Whole Wheat Bread
Carrot Sticks
Tomato Soup
Milk

Ground Beef/Cheese
Tortilla
Low-fat Refried Beans
Applesauce
Milk

Pinto Beans
Rice
Tomato Sauce
Banana
Milk

Low-fat Refried Beans/Cheese
Tortilla
Lettuce/Tomato
Orange
Milk

Split Pea Soup
Wheat Crackers
Banana
Orange
Milk

CHILD AND ADULT CARE FOOD PROGRAM LUNCH/SUPPER IDEAS

Ground Beef
Noodles
Tomato Sauce
Corn
Milk

Chicken Chunks
Noodles
Carrot sticks
Melon Cubes
Milk

Beef Stew
Whole Wheat Roll
Potatoes/Carrots
Peaches
Milk

Egg
Waffle
HB Potatoes
Orange
Milk

Baked Chicken
Whole Wheat Roll
Mashed Potatoes
Pineapple
Milk

Shredded Chicken/Cheese
Tortilla
Lettuce/Tomato
Melon Cubes
Milk

Roast Turkey
Stuffing
Mixed Vegetables
Mashed Potatoes
Milk

Cheese Crisp
HM Salsa
Mixed Fruit
Milk

HM Mac'n Cheese
Green Beans
Applesauce
Milk

Egg
Whole Wheat Bread
HM French Fries
Apple
Milk

Baked Ham
Cornbread
HM French Fries
Pineapple
Milk

CHILD AND ADULT CARE FOOD PROGRAM

SNACK IDEAS

English Muffin
Apple Slices

Wheat Crackers
Cheese Cubes

String Cheese
Apple Slices

Peanut Butter
Apple Slices

Wheat Crackers
Peanut Butter

Bagel Half
Peanut Butter

Egg
Whole Wheat Toast

Cottage Cheese
Orange Wedges

Pasta
Orange Slices

Yogurt
Mini bagel

Cheese
Tortilla

Kiwi Slices
Pancake

Peanut Butter
Pancake

Peanut Butter
Whole Wheat Tortilla

Yogurt
Mixed Fruit

Tuna Fish
Whole Wheat Bread

Tomato Soup
Elbow Macaroni

Whole Wheat Bread
Kiwi Slices

English Muffin
Cheese

Pineapple Chunks
String Cheese

Chicken
Whole Wheat Bread

Cornbread
Apple Slices

Peanut Butter
Whole Wheat Toast

Whole Wheat Pita
Low-fat Refried Beans

Baked Potato
Cheese

Whole Grain Tortilla Chips
Cheese

Whole Wheat Tortilla
Low-fat Refried Beans

Pineapple
Whole Wheat Toast

Applesauce
Whole Wheat Toast

Whole Grain Tortilla Chips
HM Salsa

Oatmeal
Milk

Whole Grain Cereal
Milk

Yogurt
Whole Wheat Toast

Celery w/Peanut Butter
Raisins

Waffle
Melon

Carrots w/Fat-free Dressing
Wheat Crackers

CHILD AND ADULT CARE FOOD PROGRAM SNACK IDEAS

Cheese Toast
Orange Wedges

Ritz Crackers
String Cheese

HM French Fries
Cheese

HM French Fries
Chili Beans

Bread Sticks w/Pizza Sauce
Red Pepper Rings

Chili Beans
Cheese

Peach Slices
Milk

English Muffin
Banana

Cheese
Whole Wheat Bread

MENUS FOR CACFP

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	Orange Slices Oatmeal w/Raisins Milk*	Apple Slices Cheese Toast Milk	Banana Slices Corn Flakes Milk	Pink Grapefruit Sections Scrambled Egg English Muffin Milk	Cantaloupe Cubes Cinnamon Raisin Bagel Milk
<u>Lunch or Supper</u> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	Turkey Pita Pockets Steamed Baby Carrots Apple Slices Milk	Beef Patties Hamburger Bun Lettuce & Tomato Baked Potato Wedges Grapes Milk	Peanut Butter Sandwich on Whole Wheat Bread Chicken Vegetable Soup Peach Slices Milk	Tuna Salad w/Low-fat Mayo Wheat Crackers Red/Green Pepper Rings Kiwi Slices Milk	Red & White Beans Couscous† Chopped Tomatoes Pear Slices Milk
<u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	Pineapple Chunks String Cheese Water †	Peanut Butter Wheat Crackers Water	Whole-Grain Tortilla Chips HM Salsa Water	Strawberries Low-fat Strawberry Yogurt Water	Soft Bread Sticks Pizza Sauce for Dipping Red/Green Pepper Rings Water

* Nutritionists recommend serving whole milk for ages 1 and 2 and lowfat milk for ages 3-5.

† Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

‡ Couscous is an instant, tiny pearl-shaped pasta of Mediterranean origin.

Menus planned in accordance with the recommendations of the Dietary Guidelines for Americans.

National Food Service Management Institute, The University of Mississippi

MENUS FOR CACFP

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	Fresh Peaches Bagel Half Low-fat Cream Cheese Milk*	Orange Sections Bran Cereal Milk	Sliced Strawberries Waffle Milk	Pineapple Chunks Cheerios Milk	Applesauce French Toast Milk
<u>Lunch or Supper</u> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	Turkey Sloppy Joe on Whole Wheat Bun Whole Kernel Corn Melon Cubes Milk	Crispy Baked Chicken Whole Wheat Roll Peas and Carrots New Potatoes Milk	Toasted Ham/Cheese Sandwich on Whole Wheat Bread Oven Baked Potato Wedges Lettuce/Tomato Salad Grapes Milk	Pocket Cheese Pizza † Steamed Broccoli and Cauliflower Plum Milk	Soft Chicken Taco with Shredded Lettuce, Tomato, Grated Cheese and Salsa Carrot Sticks Milk
<u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	Wheat Crackers Cheese Cubes Water**	Low-fat Yogurt Banana Water	Whole Wheat Pita Low-fat Refried Beans Water	Cornbread Milk Water	Mini Bagel Peanut Butter Water

* Nutritionists recommend serving whole milk for ages 1 and 2 and lowfat milk for ages 3-5.

** Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

† Be careful to serve enough cheese to meet the meal requirement.

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National Food Service Management Institute, The University of Mississippi

MENUS FOR CACFP

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	Banana Slices Crispy Rice Cereal Milk*	Pink Grapefruit Wedges Cinnamon Toast Milk	Applesauce English Muffin Milk	Orange Slices Scrambled Egg Whole Wheat Toast Milk	Blueberries Pancake Milk
<u>Lunch or Supper</u> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	Ham Slices Whole Wheat Roll Baked Sweet Potato Fries Seasoned Green Beans Mixed Fruit Milk	Chicken Stir-Fry with Broccoli, Carrots, and Sweet Peppers † Rice Pear Slices Milk	Spaghetti and Meat Sauce† French Bread Green Salad with Cucumbers and Shredded Carrots Pineapple Tidbits Milk	Baked Breaded Fish Cornbread Cheese-topped Mashed Potatoes Peach Slices Milk	Fiesta Chili Beans Wheat Crackers Cheese Sticks Apple Wedges Milk
<u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	Cheese Toast Orange Wedges Water**	Whole Wheat Tortilla Peanut Butter Water	Fruit Cocktail Low-fat Yogurt Water	Carrot Sticks w/Low-fat Dressing Wheat Crackers Water	Melon cubes Bagel Half Water

* Nutritionists recommend serving whole milk for ages 1 and 2 and lowfat milk for ages 3-5.

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† Be sure mixed dishes contain the appropriate amount of each meal component.

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MENUS FOR CACFP

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	Orange Slices Corn Flakes Milk*	Applesauce Baked French Toast Milk	Grapes (Cut in Half Lengthwise) Cheerios Milk	Strawberries Pancake Milk	Tomato Juice Scrambled Egg Whole Wheat Toast Milk
<u>Lunch or Supper</u> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	Tuna/Cheese Noodles Peas & Carrots Peach Slices Milk	Beef Patty Hamburger Bun Orange Half Potato Salad Milk	Beef Stew w/Potatoes and Carrots Whole Wheat Roll Banana Half Milk	Sliced Baked Turkey Whole Wheat Roll Green Beans Mashed Potatoes Grapes Milk	Tortilla Pizza with Broccoli, Tomatoes, & Mozzarella Cheese† Carrot Sticks Fruit Cocktail Milk
<u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	Watermelon Chunks Yogurt Water**	Melon Cubes Milk Water	Mini Bagel w/Low-fat Cream Cheese Apple Wedges Water	Celery stick w/Peanut Butter Raisins Water	Apricots or Peaches Milk Water

* Nutritionists recommend serving whole milk for ages 1 and 2 and lowfat milk for ages 3-5.

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† Cheese is calculated in the nutrient analysis in amounts adequate to meet the meal requirements for the meat alternate.

Source: USDA. *A Tool Kit for Healthy School Meals: Recipes and Training Manual.*

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National Food Service Management Institute, The University of Mississippi

MENUS FOR CACFP

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk	Blueberries Waffle Milk*	Apple slices Peanut Butter Toast Milk	Grapefruit Wedges Oatmeal w/Raisins Milk	Peaches Kix Milk	Pineapple Chunks Ham on a Cheese Biscuit Milk
<u>Lunch or Supper</u> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	Beef Patty Hamburger Bun Tomato & Lettuce Spicy Oven Baked Potato Wedges Milk	Turkey Ham Whole Wheat Roll Pasta Salad with Vegetables Kiwi Slices Milk	Chicken Fajitas Spanish Rice Carrot-Raisin Salad Peaches Milk	Barbecued Pork Tenders Whole Wheat Roll Corn & Green Bean Casserole Mixed Fresh Fruit Salad Milk	Vegetable Chili Cornbread Broccoli Milk
<u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk	Celery and Carrots w/Low-fat Dressing Wheat Crackers Water**	Soft Pretzel with Mustard Milk Water	English Muffin Pizza: Top with Pizza Sauce, Green Pepper Ring & Cheese Water	String Cheese Wheat Crackers Water	English Muffin Peach Slices Water

* Nutritionists recommend serving whole milk for ages 1 and 2 and lowfat milk for ages 3-5.

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